

Northampton Council on Aging Meeting

Thursday, August 10, 2023 5:00 pm

In Person & Virtual:

Online Zoom Teleconference Meeting:

<https://us06web.zoom.us/j/81829426100?pwd=VGEyaUxLRDNBSW1yVU4wVDVlNHhUZz09>

Meeting ID: 818 2942 6100 Passcode: 039174

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+19294362866,,81829426100#,,,,*039174# US (New York)

COA Minutes

Call to Order: Cindy Langley called the meeting to order @ 5:05 pm

Present: Kim Park, Laura Scott, Robert Dionne, Gerriann Butler, Michael Ford, Anne “Val” Romano, Jeanne Henry Hoose Adrienne Andrews, Karen Lynds, Mark Bird & Cynthia Langley

Welcomed new COA members: Adrienne Andrews, Mark Bird & Karen Lynds

Review minutes & approve July minutes:

- A motion was made to accept the minutes with the correction by Val Romano & 2nd by Robert Dionne

Director’s Report:

- Building updates: UV film has been added to the fitness center windows. We are monitoring fitness center users’ impression of the film to see about possibly using it elsewhere in the building. So far, the response has been positive. The window repairs will begin late Aug/early Sept with each taking roughly 7 days depending on weather. The work will be done in sections: Great room/front room, hallway rooms/fitness center and games room/coffee shop. We will close

each section while the work is being done. We are moving classes to keep disruption to a minimum. Updates will be in the Chronicle and included in our other media publications.

- Barry Grimes, a Senior Center pool player, has won the gold medal at the MA Senior Olympics held in Agawam. We congratulate Barry on his win. We are also happy to announce that our pool players have been able to put together two teams to compete in a senior center league that will rotate between centers.
- We were chosen to be a Beta testing site for MyActiveCenter which is linked to our software MySeniorCenter. Members signing up online may have noticed the changes and we are currently working with our software team on any issues that users have encountered.
- In July, we held 61 orientations with 41 new members and 20 returning members. We averaged 168 per day coming into the center.
- Tech support has been provided to our members by NHS students in July & again in August. People have been very happy with the help that they have received through this program. A grant has provided us a new scanner for digitizing photos. We added Photo Scanning to the appointments in August to teach members how to use the new scanner.
- Our programs continue to grow. We are offering new mindfulness classes with Mantras & Mandalas in August and Mindful Manifesting with Music in October. The YMCA classes continue to be very popular as well as Healthy Bones & Balance. A new Y offering is Yoga, Strength & Stretch which is a modified chair yoga. The Y class “Strong & Steady” has been a success with part of the class in the activity room and part in the fitness center.
- Plans are coming together for the Sweet 16 anniversary party for the Senior Center on September 29th. We are planning sweets for the morning, h’orderves from 11-1, possibly some music
- Beginning in September, we will be staying open on Tuesday evenings until 7:00 pm
- August 8th, Police Chief Jody Kasper was here for our Lunch & Learn series from 12:15-1:15. Roughly 20 people attended Chief Kasper’s talk. Members seem to enjoy the collaboration with the Police & Fire departments. The Fire Department will hold another of their wellness programs soon.
- Stylistic changes continue to be made to Constant Contact to help with the amount of scrolling needed to look through the week’s upcoming activities. It will be an ongoing process as we receive feedback from our patrons on the email list.

Old Business:

- The Administrative Code has been officially changed from 15 COA members to 9, but it has not been changed on the website yet.

New Business:

- Kim responded to questions pertaining to the mission statement. We are looking at other Senior Centers statements, doing some initial research and considering developing a tagline.
- COA members had a lively discussion on how they can be involved in events. Possible open house? Craft fair? Health & Wellness fair? Anniversary party?
- A question came up on the age policy for the center. The policy was reviewed.

Next meeting moved to Sept 14th @ 5:00 pm (remote)

Adjournment: Motion was made to adjourn the meeting by Karen Lynds and 2nd by Jean Henry Hoose

Meeting adjourned @ 5:58 pm